

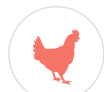
ENTREES

Crockpot Turkey Chili



Recipe makes 8 servings.

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 2 lbs. 99% fat-free ground turkey
- 1 (28 oz.) can crushed tomatoes, no salt added
- 1 (15 oz.) can petite diced tomatoes, no salt added
- 3 tablespoons tomato paste
- ½ teaspoon hot sauce
- 1 (15 oz.) can kidney beans, drained and rinsed
- 3 stalks celery, chopped
- 2 jalapeños, chopped (optional)
- 1 ½ teaspoons sea salt
- pinch of pepper
- 1 packet Stevia
- 3 tablespoons chili powder
- 2 teaspoons oregano
- ½ teaspoon cumin
- 1/8 teaspoon cayenne pepper
- Scallions, for garnish

INSTRUCTIONS

1. Drizzle olive oil in a large pot or Dutch oven, and cook onion and garlic until fragrant, about 3 minutes.
2. Add ground turkey and cook until crumbled and brown, draining any excess liquid as necessary.
3. Add the rest of the ingredients to the pan, and stir well. Simmer for 5 minutes, and then spoon the chili into a 4-5 quart slow cooker. Cook on low heat for 8 hours.
4. Garnish with scallions and serve.